

SPRING 2017 UPDATE



Spring is here, and we are super excited to get outside and celebrate the longer days and beautiful weather! A few after-school program highlights include: summer job announcements, native myths and legends by fire, park adventures, a North versus South outdoor showdown, paddling, and climbing programs. Also new this year is a four week sailing series on the South-end where participants will learn to sail on beautiful Lake Washington. We will also be embarking on a joint overnight camping trip to the eastern Washington desert, a North-end spring break trip to the San Juan Islands, and a South-end overnight exploring ghosts and mystery mounds near Olympia. The **Annual Summer BBQ** will be held on June 27 at Lincoln Park in West Seattle. This is a great way to meet new people, hang out in the sun, and get the first chance to sign up for O2 summer events. You can reserve a space on any of these events by contacting Evan for the North-End events and Suzannah for the South-End events.

The spring season is the time to think about what you want to do this summer. Kick off the spring on April 5th for **The O2 Summer Job Low Down**. Learn what opportunities are available for summer jobs in the Seattle area, whether it be working in the library, as a lifeguard, building trails, or with the **O2 Summer Stipend Programs**. We will be offering positions in the hiking program, rock climbing program and trail building program through the forest service (**application is due June 10th. see page 16**).

As the days get warmer, there are more fun opportunities to get out on the water in an O2 aquatic event, such as: swimming, rafting, canoeing, kayaking, and paddle boarding. **To participate in our aquatic events, you are required to complete a Float Test** (page 14). We are offering float test dates and times for North and South-end locations. If you are unable to make these times, you can visit one of the pools listed on our float test information page. If you pass, float test certifications are then good for three years and allow you to participate in all upcoming O2 aquatic trips.

Lastly, we are pleased to announce the latest and greatest fashion line from O2: new **t-shirts, long sleeves and hoodies!** These will be given out based upon participation in workshops, service projects and overnights. In addition they will be given to **the Student Of the Season** of both the North and South-end. These are students who exemplify all that we admire in O2: a willingness to try new things, a positive attitude and consistently inclusive.

We are very excited for this upcoming season and welcome all to sign up and get outside with us!

~ Bob, Emily, Evan & Suzannah~

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www.seattle.gov/parks/teens/o2



April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 South-End Workshop Urban Conservation <i>Page 7</i>	5 Joint Workshop Summer Employment Details and Deadlines <i>Page 5, 7, 9</i>	6	7	8 South-End Trip Ghost Town Extravaganza <i>Page 10</i>
9 South-End Trip Ghost Town Extravaganza <i>Page 10</i>	10 North-End Trip San Juan Island Spring Break Trip <i>Page 10</i>	11 South-End Workshop Seattle Secret Spots <i>Page 7</i> North-End Trip San Juan Island Spring break trip <i>Page 10</i>	12 North-End Trip San Juan Island Spring Break Trip <i>Page 10</i>	13	14	15
16	17	18 South-End Workshop Tour of the Bullitt Center <i>Page 7</i>	19 North-End Workshop Blossoms In The Arboretum <i>Page 5</i>	20	21	22 JOINT Service Project Earth Day Celebration <i>Page 11</i>
23	24	25 Joint Workshop North Vs South Outdoor Showdown <i>Page 7 & 9</i>	26	27	28 Joint Workshop Indoor Rock Climbing <i>Page 9</i>	29

Workshop pickup time: 3:45—4:30 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 9—10 a.m.
 Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
 Evan McKenna (North) | 206-423-1501
 Suzannah Klaniecki (South) | 206-423-3460
www.Facebook.com/groups/O2program



May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	South-End Workshop Camp Long Challenge Course <i>Page 7</i>	North-End Workshop Me-Kwa-Mooks Tide Pools <i>Page 5</i>	South-End Float Test <i>Page 14</i>	5	Joint Trip Ancient Lakes Adventure Weekend <i>Page 10</i>
Joint Trip Ancient Lakes Adventure Weekend <i>Page 10</i>	8	South-End Workshop Behind the Scenes Stadium Tour <i>Page 7</i>	North-End Workshop Birding at Discovery Park <i>Page 5</i>	South-End Sailing Program <i>Page 8</i>	12	13
14	15	South-End Workshop Drawing Nature <i>Page 8</i>	North-End Workshop Volunteer Park Adventures <i>Page 6</i>	South-End Sailing Program <i>Page 8</i>	19	20
21	22	South-End Workshop Insider Zoo Tour <i>Page 8</i> North-End Float test <i>Page 14</i>	North-End Workshop Capture the Flag <i>Page 6</i>	South-End Sailing Program <i>Page 8</i> North-End Indoor Climbing <i>Page 6</i>	26	JOINT Service Project Trail Work In Your Backyard <i>Page 11</i>
28	Memorial Day	South-End Workshop Alki Day of Play <i>Page 8</i> North-End Float test <i>Page 14</i>	North-End Workshop Native Stories and Bonfire <i>Page 6</i>			

Workshop pickup time: 3:45—4:30 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 9—10 a.m.
 Weekend trip drop-off time: by 8 p.m.

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June



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 South-End Sailing Program <i>Page 8</i>	2	3
4	5	6 South-End Workshop Canoeing <i>Page 8</i> North-End Float test <i>Page 14</i>	7 North-End Workshop Kayaking at Lake Washington <i>Page 6</i>	8	9	10
11	12	13	14	15	16	17
18	19	20 North-End Float test <i>Page 14</i>	21	22	23	24
25	26 Last Day of School!	27 JOINT Day Trip Summer BBQ <i>Page 6, 8, 9</i> South-End Float Test <i>Page 14</i>	28	29 South-End Float Test <i>Page 14</i>	30 JOINT Day Trip White Water Rafting <i>Page 6, 8, 9</i>	

Workshop pickup time: 3:45—4:30 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 9—10 a.m.
 Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
 Evan McKenna (North) | 206-423-1501
 Suzannah Klaniecki (South) | 206-423-3460
[www.Facebook.com/groups/O2program](https://www.facebook.com/groups/O2program)

NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, April 5th : Summer Employment Details and Deadlines

Are you looking at getting paid this summer, gaining important job skills and experience? The O2 program has worked hard to research and summarize the highest paying high school jobs in the city! We will provide you with a quick summary of O2 summer stipend programs, jobs within the City of Seattle, and many of our program partners. Participating in this event, will save you a lot of time and energy in locating a summer job! Many application deadlines are in April, so please don't delay!!

Wednesday, April 19th : Blossoms In The Arboretum

This winter was the coldest and snowiest since 1984! We at O2 can't wait for the spring and couldn't think of a better way to enjoy the warm, beautiful weather than a walk through the Washington Park Arboretum. Sunny skies and Japanese cherry blossoms will dot our way through the park as we learn about its environmental history.

Tuesday, April 25th : North Vs. South Outdoor Showdown (joint)

Do you have what it takes to represent your O2 side in the battle of environmental skills and games? Come join us in this joint workshop as we face off and find out who is on top.

Thursday, April 27th: Indoor Rock Climbing (joint)

Spring is the perfect time to try rock climbing or brush up on the climbing skills you already have. We will be going to Seattle's first indoor rock climbing gym, Vertical World, to strengthen our climbing skills. If you have never climbed before, we will teach you! **Waiver required on page 19/20*

Wednesday, May 3rd: Me-Kwa-Mooks Tide Pools

What sea creatures make the beach their home? How long have they lived there? What is their life like? We will explore the best tide pools in the Puget Sound to see these amazing creatures in their natural habitat.

Wednesday, May 10th: Birding at Discovery Park

Discovery Park is Seattle's largest park and brimming with feathered friends. Come take a hike around the park and see which birds are hanging out and bringing in the warmer weather.

Special Pick up times Rainier CC : 1:45 PM Garfield CC: 2:00 PM Northgate CC 2:30 PM

Return to Northgate CC/ Garfield CC/ Rainier CC by 7:30pm



Space is limited on these events, so please call or text **Evan McKenna** and leave a message to sign up for all North-end events! **206-423-1501**



NORTH-END WORKSHOPS

NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, May 17th: Volunteer Park Adventure

Perched atop the water tower in volunteer park, one can see Mt. Rainier, the Olympic Mountains and the central cascades. It's quite the view and O2 can't wait to share it with you! Join us as we check out the conservatory's amazing plant life, the views from the tower and a little bit of Frisbee on the lawn.

Wednesday, May 24th: Capture the Flag

Remember carefree spring nights of playing games? Let's get back to enjoying the weather! We will take on the forests of Discovery Park in our epic game of capture the flag. Dress to sweat and be outside!

Thursday, May 25th: Indoor Rock Climbing

Spring is the perfect time to try rock climbing or brush up on the climbing skills you already have. We will be going to Seattle's first indoor rock climbing gym, Vertical World, to strengthen our climbing skills. If you are never climbed before, we will teach you!

**Waiver required on page 19/20*

Wednesday, May 31st: Native Stories and Bonfire

The Pacific Northwest is home to a rich history of native peoples and tribes. Join us around the glowing fire as we tell native myths and legends while the sun sets over the stunning Olympic mountains in beautiful Golden Gardens park. Fire roasted snacks and treats will be aplenty!

Wednesday, June 7th: Kayaking at Lake Washington

This is our last workshop of the school year, so come out and enjoy a picnic by the water as well as kayaking around Lake Washington. Learn about the wildlife that live here and how Lake Washington came to be in this kayaking adventure. **Float Test required. See page 14 for more information*

Tuesday, June 27th: Summer BBQ Kickoff!

Note: Pickup times for this event: Northgate CC 9:45 a.m./Garfield CC 10:15 a.m./Rainier CC 10:30 am
The barbecue will be over by 2 p.m.

School is out and what a better way to celebrate than our annual O2 picnic! Come celebrate the beginning of summer with friends new and old at Lincoln Park on the beach. We will be serving lots of food, games, a first chance to sign up for summer calendar events in person, and of course, a water fight!

Friday, June 30th: White Water Rafting

Dive head first into O2's favorite season, summer, with our annual white water rafting trip to the Wenatchee river. Brave the rapids and crystal clear water of the Wenatchee as we hold on during this natural roller coaster. Pickup times will be: South-end Camp Long 8 a.m., Jefferson CC 8:15, Rainier Beach CC 8:30 and returning to Seattle by 7 p.m. North-end Rainier CC 8:15 a.m. Garfield CC 8:30 a.m. Northgate CC 9:00 a.m. return 7 p.m.

**Float Test required. See page 14. Waiver required on page 21/22.*



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Tuesday, April 4th: Urban Conservation

What is conservation, or even urban conservation? The Mountain to Sound Greenway Trust is responsible for keeping our land in the I-90 corridor wild and free. Come join us as we partner with them to learn how to help protect the animals that live around us and how your actions can impact the greater environment.

Wednesday, April 5th: Summer Employment Details and Deadlines

Are you looking at getting paid this summer, gaining important job skills and experience? The O2 program has worked hard to research and summarize the highest paying high school jobs in the city! We will provide you with a quick summary of O2 summer stipend programs, jobs within the City of Seattle, and many of our program partners. Participating in this event, will save you a lot of time and energy in locating a summer job! Many application deadlines are in April, so please don't delay!! Please note a slightly later return to our pick up sites of around 7:30 / 8:00 p.m.

Tuesday, April 11th: Seattle's Secret Spots

Seattle is full of secret urban treasures. We will explore some of Seattle's lesser-known best kept secrets. Some clues include: resting place of one of martial art's greatest masters, and local Seattle music scene landmarks.

Tuesday, April 18th: Tour of the Bullitt Center

Come tour the greenest commercial building in the world! We will be getting a private tour and exploring sustainable architecture and building design!

Tuesday, April 25th: North Vs. South Outdoor Showdown (joint)

Do you have what it takes to represent your O2 side in the battle of environmental skills and games? Come join us in this joint workshop as we face off and find out who is on top.

Tuesday, May 2nd: Camp Long Challenge Course

Did you know in the woods of Camp Long resides the best attraction this side of the Mississippi? Come join O2 as we brave the heights of Camp Long on the amazing challenge course. Push yourself and grow as a team as we tackle challenge after challenge!

Tuesday, May 9th: Behind the Scenes Stadium Tour

The O2 program will journey back to either the Mariner's Stadium or Seahawks Stadium for a private insider's tour. These private tours show us firsthand the areas very few people have the privilege of seeing. Be prepared to walk the fields, go into the lockers rooms, and walk the hallways of the pros!



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Thursdays, May 11th, 18th, 25th, and June 1st: Sailing Program

This 4-week series is in partnership with Mt. Baker Rowing and Sailing. We will be going out and learning how to sail boats on Lake Washington. This is a unique opportunity and not to be missed! For application details contact Suzannah. ****Float Test required (page 14). A signed waiver is also necessary to participate in these events (pg. 23)***

Tuesday, May 16th: Drawing Nature

Our natural world is a fascinating place and in this workshop we will be looking at different techniques on how to capture that. We will be exploring how to draw different items as well as drawing with different things from nature. Come explore your artistic side!

Tuesday, May 23rd: Insider Tour of the Woodland Park Zoo

Many of us have been to the local Seattle Zoo. However, how many of us have witnessed the animal pens or understood how the animals are cared for? Come check out our insider tour and learn how to become a zookeeper!

Tuesday, May 30th: Alki Day of Play

As the spring season brings longer days and sunshine, let's get out to Alki for a day of play! We will rent crazy tourist bikes and learn from an "old school Cali-boy" how to skateboard.

Tuesday, June 6th: Canoeing the Arboretum

Did you know that the Arboretum is one of the greatest places in Seattle to canoe? The Arboretum has amazing waterways that weave through the park and around Foster island. Come explore these waterways and discover the beaver den and isolated bird nesting grounds. ****Float Test required. See page 14 for more information***

Tuesday, June 27th: Summer BBQ Kickoff!

Note: Pickup times for this event are: Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m. The barbecue will be over by 2 p.m.

School is out and what a better way to celebrate than our annual O2 picnic! Come celebrate the beginning of summer with friends new and old at Lincoln Park on the beach. We will be serving lots of food, games, a first chance to sign up for summer calendar events in person, and of course, a water fight!

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****Float Test required. See page 14. Waiver required on page 21/22.***

Joint WORKSHOPS—

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Camp Long—4 p.m.

Jefferson Community Center—4:15 p.m.

Rainier Beach Community Center—4:30 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7:30 p.m.

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—3:45 p.m.

Garfield Community Center—4 p.m.

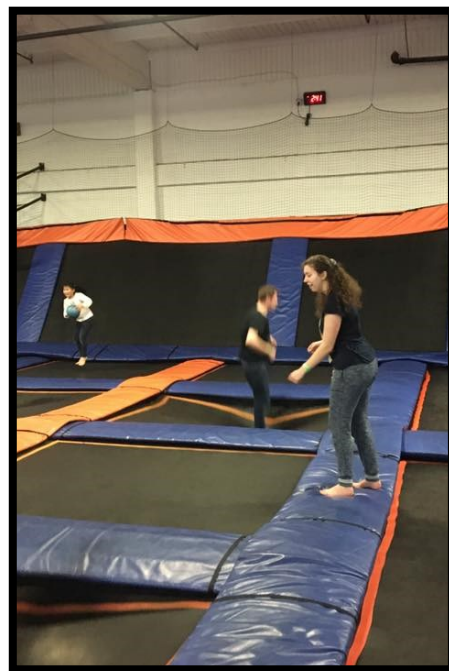
Northgate Community Center—4:30 p.m.

Return to Northgate CC/Garfield CC—by 7:30 p.m.

Wednesday, April 5th: Summer Employment

Details and Deadlines

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Tuesday, June 27th: Summer BBQ Kickoff!

Note: Pickup times for this event are:

*North-end—Rainier CC 10 a.m./Garfield CC 10:30 a.m.

*South-end—Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.

The barbecue will be over by 2 p.m.

School is out and what a better way to celebrate than our annual O2 picnic! Come celebrate the beginning of summer with friends new and old at Lincoln Park on the beach. We will be serving lots of food, games, a first chance to sign up for summer calendar events in person, and of course, a water fight!

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**Float Test required. See page 14. Waiver required on page 21/22.*

Space is limited on these events, so please call or text —Evan McKenna —or Suzannah Klaniecki— and leave a message to sign up for all events!
Evan (North-end) : 206-423-1501 | Suzannah (South-end) : 206-423-3460

Pickups and Drop-offs for Trips:

NORTH-end students can meet the green Parks van at:
Rainier Community Center—8:45 a.m.
Garfield Community Center—9:00 a.m.
Northgate Community Center—9:30 a.m.
Return to Rainier CC/Garfield CC—
by 8 p.m. for trips.

SOUTH-end students can meet the white Parks van at:
Rainier Beach Community Center—9 a.m.
Jefferson Community Center—9:15 a.m.
Camp Long—9:30 a.m.
Return to Jefferson CC/Rainier Beach CC/Camp Long—by 8 p.m. for trips

NORTH-END TRIPS

Monday – Wednesday, April, 10th – 12th: San Juan Islands spring break trip!

Take full advantage of your spring break with a three day trip to the world renowned San Juan Islands. Join us as we hike the coastline looking for seals, eagles and maybe even the resident orca whales! With day trips to Orcas Island to hike to the tallest point in the San Juan's as well as touring a working farm, this is sure to be a jam packed trip and a highlight of the spring.

SOUTH-END TRIPS

Saturday - Sunday, April 8th - 9th: Ghost Town Extravaganza

O2 explorers get ready to visit one of Washington's most famous ghost towns, explore the Mima Mounds which have been hypothesized to be created by aliens, and camp at Rainbow Falls State Park to play in an old-growth forest. This trip will be an interesting visit into some of Washington's greatest natural history.



JOINT TRIPS

Saturday – Sunday, May 6th – May 7th: Ancient Lakes Adventure Weekend

Have you ever been to the desert in Washington? Come explore the driest and sunniest place in the state, where you can camp near water, kayak or canoe the lakes, hike to stunning waterfalls and rock climb in the wild sage lands. Space is limited in this joint event, so call or text Suzannah in the South-end or Evan in the North-end. An overnight equipment list is attached. (*see page 22*)

Space is limited on these events, so please call or text —**Evan McKenna** —or **Suzannah Klaniecki**— and leave a message to sign up for all events!

Evan (North-end) : 206-423-1501 | Suzannah (South-end) : 206-423-3460

Pickup and Drop-offs for Trips:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—9:15 a.m.

Garfield Community Center—9:30 a.m.

Northgate Community Center—10 a.m.

Return Rainier CC/Garfield CC/Northgate CC – by 6 p.m.

SOUTH-END students can meet the green Parks van at:

Camp Long – 9:30 a.m.

Jefferson Community Center – 9:45 a.m.

Rainier Beach Community Center – 10 a.m.

Return to Jefferson CC/Rainier CC/Camp Long by 6 p.m.



JOINT SERVICE PROJECTS:

Saturday, April 22nd: Earth Day Service Project

Earth day is a special national celebratory day where hundreds of thousands of people volunteer for the collective purpose of doing something positive for the Earth. Seattle contributes to this collective effort by hosting volunteer projects in most of our parks and open spaces. Come join us for a fun, productive day and be a part of this amazing community effort and phenomenon.

Saturday, May 27th: Trail Work in your Backyard

It's no secret that O2 loves to hike. From our summer weeklong backpacking trips to day hikes year round we are constantly on the trail. We can't wait to give back to the areas that we love with a day of service maintaining and building our trail systems. Join us as we get our hands dirty and get to work building trails right in our backyard of Seattle.



Student of the Season

NORTH END : ANNEKA HERRIN

The North-end Student of the Season is **Anneka Herrin**! Anneka joined Outdoor Opportunities two years ago and has been active ever since. She always has a positive attitude and will talk to anyone. It is impressive that she will sign up for a variety of events, not because her friends are going, but because she knows she will enjoy the adventures and get to know new people. We appreciate how inclusive Anneka is and her insightful perspective on the world. Since Anneka has joined O2 she has tried backpacking, rock climbing, white water rafting, snowshoeing, snowboarding, kayaking, canoeing, service projects, workshops and tons more! She even participated in our rock climbing stipend program last summer. Cheers to you Anneka and to all the future adventures we will have together!



SOUTH END : GIOVANNI ANGEL

For the South-End we would like to recognize **Giovanni Angel**, who has been one of most active participants in O2 since he joined in 2015. We appreciate Giovanni in our program because he is always willing to attend and try our events even if he has never done anything like it before. He was one of the hardest workers on our trail crew during the summer and always brings his “can do” attitude to the numerous service events he attends. Giovanni has been an asset to O2 because he is willing to help out with rock climbing by belaying other participants, being a friendly O2ian to new participants, and sharing valuable insight during lessons and discussions. Thanks Gio!



1. Rainier Community Center

4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus Line(s): 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center

323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3, 4, 48

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

3. Northgate Community Center

10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave, between NE Northgate Way and NE 105th St.

Meeting Location: Meet the Parks van in the parking lot behind the library next to the playground.

4. Camp Long Environmental Learning Center

5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus Lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus Lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

6. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.





Float Tests



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water while wearing long pants and a long sleeve shirt for 10 minutes and put on a lifejacket. **You *do not* need to be a good swimmer to pass the test.**

Standard Float Test

- To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.
- A Standard Float test is good for three years and allows you to do any O₂ aquatic event.

Upcoming O₂ Float Tests Include:

O₂ North-end:

Tuesday —May 23rd
Tuesday —May 30th
Tuesday— June 6th
Tuesday— June 20th

O₂ South-end:

Thursday —May 4
Tuesday —June 27
Thursday —June 29th

Pickups:

Northgate CC—5:45 PM
Garfield CC—6:30 PM
Rainier CC 6:45 PM
Back by 9:30 PM

Pickups:

Rainier Beach —6:30 PM,
Jefferson—6:45 PM
Camp Long—7:00 PM
Back by 9:00 p.m.

OR call the pool nearest you to see when you can take the test! Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7-8 p.m. and Fri—6:30-8:00 p.m., Sat—1:00—2:30 p.m., Sun—2-3:30 p.m. Southwest Community pool (near Chief Sealth HS) has open swim times: Tues and Thurs—7:30-8:30 p.m., Fri—4:30-5:30 p.m., and Sat—1-2 PM, Sun— 4-5 p.m.

You can **ONLY** take a float test at the following Seattle Parks city pools:

Ballard Pool (684-4094)	Queen Anne Pool (386-4282)
Evans Pool at Green Lake (684-4961)	Rainier Beach (386-1944)
Medger Evers Pool near Garfield CC (684-4766)	Southwest Pool in West Seattle (684-7440)
Madison Pool in Bitter Lake (684-4979)	Coleman Pool in West Seattle (684-7494)
Meadowbrook Pool off Lake City Way(684-4989)	Mounger Pool in Magnolia (684-4708)

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with your clothes on!**
 - **Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!**
- **Change of clothes**

Please submit your completed and signed Float Test to Evan or Suzannah prior to attending an O₂ aquatic trip.



\$TIPEND PROGRAMS\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. If you are interested in participating in our stipend programs, you will need to go through an application and selection process. **The deadline to submit your application is June 10. No late applications will be accepted.** We will then contact you to discuss your enrollment status. ****Please note that the Rock Climbing and Hiking positions rely on outside funding and if we do not receive this money we will be unable to offer those opportunities.**

How do I sign up?

Print and complete the Stipend Application (see page 16). Then return it to Emily via mail, hand delivery, or email. Mail/Hand Delivery: Discovery Park Visitors Center, 3801 W. Government Way, Seattle, WA 98199, Attn: Emily Sachwald. Email: emily.sachwald@seattle.gov

O2 Rock Climbing Program: June 29 July 6, 13, 20 August 4 and September 16

Earn \$200.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience and you will gain valuable skills to use at future jobs. To get full compensation you need to work 4 of 5 of the rock climbing dates PLUS the training day.

No climbing experience necessary!

Mandatory Training: Tuesday July 5, 10 a.m.-4 p.m. Meet at Camp Long, 5200 35th Ave SW.

Work days: You must attend 4 out 5 climbing days (July 7, 14, 21, 28 and September 10).

Meet at Camp Long at 7 a.m. Return by 6 p.m.

O2 Hiking Program: June 28th, July 7th, 21 and August 11

Earn \$150.00

What: Lead trips for community center youth learning how to hike and navigate through wilderness. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work 3 out of 4 of the hiking dates PLUS the training day. No hiking experience necessary!

Mandatory Training: Tuesday, July 6, 9 a.m.-4 p.m. at Garfield Community Center, 2323 E Cherry Street.

Work days: You must attend 3 out of 4 of the Friday hiking days (July 8, 22 and August 5, 19).

Meeting time is to be determined. Meet at Garfield Community Center.

Week Long Trail Crew: July 9th – July 14

Earn \$378.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday, July 9 at Camp Long beginning at noon.

Parents are invited to an informational session from 12-1 p.m. We will spend the night at Discovery Park and leave Monday morning for the National Forest.

Work days: Trail crew will begin Sunday, July 10 at Camp Long, 12 p.m. We will return by 8 p.m. on Friday, July 15. **Yes, you have to attend the entire project!**

Steven's Pass Restoration Project TBD:

Earn \$45.00 for one day!

What: A one-day restoration trip to help keep our wild spaces pristine! You will spend about 5 hours working, and then we will have a picnic to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes, and a long sleeve shirt.*

When: South-end pickups will be at Camp Long at 8 a.m. and Jefferson CC at 8:15 a.m. North-end pickups are Rainier CC at 8 a.m. and Garfield CC at 8:30 a.m. Return by 8 p.m.

In order to be eligible for a summer stipend position you must complete this application and mail or deliver it to:
3801 Discovery Park Blvd, Seattle, WA 98199 , Attn: Emily Sachwald Emily will need to have this application in her possession by June 10. Late applications will not be accepted.



The selection process will be open now until **June 10, 2017.**

Applications received after this date will not be accepted.

O2 Summer Stipend Opportunity Application



Name: _____

Address: _____

Phone numbers: _____

Email: _____

Please rank your stipend preference using 1, 2, 3, and 4 in the spaces below (1 being your first choice).

Preference: Rock Climbing _____ Hiking _____ Trail Crew _____ Restoration _____

Please complete the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?

(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?

(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?

Please mail, hand deliver, or email your application to Emily by June 10!

Mail: 3801 Discovery Park Blvd, Seattle, WA 98199, Attn: Emily Sachwald

Email: emily.sachwald@seattle.gov

**VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION OF RISKS
and RELEASE AND INDEMNITY AGREEMENT**

All participants must fill out and sign this document (PRINT LEGIBLY)
For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below

Name _____ **BELAY CHECK INFO**
Address _____ **ISSUED BY: _____**
City _____ State _____ Zip _____ **DATE: _____**
Telephone: Home _____ Work _____
Male _____ Female _____ Birthday: _____ Email: _____
Emergency Contact: _____ Telephone: _____

INTRODUCTION

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.

In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. **These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:**

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse. Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware** which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and

knowledge different from other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights.

Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:

- (1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs):
 - (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
 - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not its gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.

CONCLUSION

I agree that this Document, and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.

			Accepted by:
Participant Signature	Date	Print Name Here	Staff

Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.

Parent or Guardian Signature	Date	Print name here
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Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____

Mount Baker Rowing and Sailing Waiver (1 of 1)



Seattle Parks and Recreation
Small Craft Programs



ASSUMPTION OF RISK AND RELEASE FORM

Participant Name _____

Address _____

City _____ State _____ Zip _____

Phone-home (____) _____ Phone-work/cell (____) _____

Emergency Name _____ Emergency Phone(____) _____

E-mail _____ . (All addresses are kept under strict confidentiality)

Sex: M F Birthdate: _____ Ethnic Origin** _____

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; M=Mixed; N=Native American; P=Pacific Islander; W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant (if 18yrs and older)

Date

Parent or Guardian signature required for participants under the age of 18.

Seattle Parks and Recreation, the Associated Recreation Council, Boating Advisory Council may use stills/video photography of this participant for use in publications. Yes No Initial Here _____

How did you hear about our facility or programs? Drive/Walk by _____ Word of Mouth _____
Brochure _____ Parks Web-site _____ Other – please specify: _____



Spring 2017 Equipment Lists

Make sure you come to your spring events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), tooth-paste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Sunglasses -Medications (if needed) -Camera (optional) -Snacks (optional)